

Guinness World Record Attempt

Oldest Woman to Swim the Catalina Island Channel

PHOENIX, AZ, UNITED STATES, September 16, 2025 / EINPresswire.com/ -- Lifelong swimmer Deborah Gardner will attempt a new Guinness World Record as she prepares to conquer the 21-mile Catalina Channel on Wednesday, October 8th, 2025.

Deborah Gardner is set to break a nine-year record by swimming between Catalina Island and the California mainland, becoming the oldest gutsy woman to conquer the Catalina Channel, officially becoming a new [Guinness World Records](#) holder.

The [Catalina Island Channel](#) is one of the Oceans Seven, overseen by the World Open Water Swimming Association, and the equivalent of mountaineering's Seven Summits.

"This swim isn't just for a record," Deborah says. "It's honoring my dad, veterans, and anyone who needs proof that you're never too young or too old to hustle." Supported by a 12-person crew, sponsors, and a special charity mission honoring her 90-year-old father, Major Joedy Gardner (USMC Ret.), Deborah is raising awareness and funds to support service dogs for veterans and reduce suicide for the [Southern Cross Service Dogs](#) ...<https://event.southerncrossservicedogs.org/DeborahGardner>

Media are invited to document and report this historic swim. For interviews, media access, event invites, or more information, please contact:

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When Life Gets Deep ... Just Keep Swimming!

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